

NATURE'S BEAUTY JOURNEY (210min)

This is the key to complete relaxation. A hydrating and detoxifying sea salt bath will soothe your body and give you new strength and a feeling of wellness.

Included:

- Facial to suit your skin type
- Sea Salt Hydrotherapy bath
- Outdoor Safari Massage
- A small bottle of marula oil to take home

GOLDEN DUNE AWAKENING JOURNEY (120min)

Awaken all your senses and immerse yourself in the profound beauty of Namibia. The Namibian sand dunes shape the theme of this luxurious treatment and one can only experience it here at GocheGanas. This signature experience begins with a unique musical ritual. The skin is then prepared using the very sand that creates the magnificent desert dunes. A rich mineral clay treats the body in the way that only Mother Nature knows best. An energizing quartz facial is also included to revitalize skin and reveal your natural beauty. We celebrate the indigenous treasures of Africa, with an exotic calabash back massage that will transport you to an unexplored sensation of well-being from top to toe.

Included:

- Body peeling
- Body wrap
- Quartz facial
- Back Massage

Esse is an ethical brand that is focused on the professional skincare market.
Esse is certified organic by Ecocert France.
Esse uses wild sourced African plants that offer excellent free-radical protection.

ESSE ANTI-AGING FACIAL (60min)

An organic intensive treatment for mature skin

ESSE ANTI-OXIDANT FACIAL (60min)

Brings back a healthy glow ideal change of season boost for all skins

ESSE HYDRATING FACIAL (60min)

A must for a very sensitive and dehydrated skin

ESSE TEEN EXPERIENCE FACIAL (60 min)

To suit the needs of the young skin



organic skincare

THERAVINE FACIAL EXPERIENCE

Theravine obtains its grape-derived ingredients, rich in antioxidants, amongst others from the South African indigenous Pinotage grape cultivars, where botanicals and advanced technology unlock the power of natural beauty and skin care.

THERAVINE HYDRA VINE DELUXE FACIAL (90min)

A facial designed for extreme relaxation with the aromatic scent of essential oils designed to deeply hydrate your skin leaving you with a radiant complexion

THERAVINE CORE FACIAL (60 min)

Facial boost customized to your specific skin concerns leaving your skin soft and restored

LUXURIOUS EYE TREATMENT (30 min)

A super-relaxing treatment to lift, drain and caress the eye area

THERAVINE TEEN FACIAL (60min)

To suit the needs of the young skin

EYEBROW SHAPE, EYEBROW OR EYELASH TINT

(on request)



THE MASSAGE EXPERIENCE

FULL BODY MARULA OIL MASSAGE (60min)

A relaxing massage concentrating on the entire body for total renewal of mind and body.

BACK AND NECK MASSAGE (30min or 45min)

The back and shoulders are massaged to release tension and ease stress.

HOT STONE MASSAGE (30min or 75min).

A combination of massage techniques and the warmth of the stones result in a deeply relaxing and uplifting experience.

AROMA MASSAGE (75min or 90min)

Essences refresh and relax the skin while soothing the mind by helping to induce a sense of well-being.

FOUR HANDS MASSAGE (60min)

Two therapists work synchronized on your body. A massage to experience a double well-being.

OUTDOOR MASSAGE (90min)

Experience tranquillity in a natural outdoor setting.

REFLEXOLOGY (45min)

A pressure massage to specific points of the feet or hands in order to promote healing and to relieve stress.

THE EXTERNAL SENSE

GocheGanas Manicures and Pedicures are a pure indulgence created to nourish, hydrate and restore vitality to the hands and feet.

MANICURE (60 min)

PEDICURE (60 min)

MANI AND PEDI COMBO (60 min)

2 Therapists work synchronized on your hands and feet

MANICURE WITH LUXURIOUS MASK (75min)

PEDICURE WITH LUXURIOUS MASK (75min)

FRENCH MANICURE (75min)

FRENCH PEDICURE (75min)

WAXING (on Request)

THE LUXURY BATH EXPERIENCE

HYDROTHERAPY BATH (30min)

252 water jets massage the body to improve the circulation of the blood and lymph system.

CRYSTAL BATH (45 min) 1 or 2 people

Experience a combination of aromatic oils, sound vibration and colour, leaving the body relaxed and rejuvenated.

Ideal for a romantic experience for 2

Includes a glass of sparkling wine or juice

VICHY SHOWER WITH SEA SALT PEELING (30min)

The Vichy shower is one of the most intriguing and effective treatments available for today's spa clientele. It gives the effect of a downpour of warm water on the body, one of the most relaxing and rejuvenating spa experiences.

BODY PEELING AND WRAP (60min)

A unique body wrap designed to detoxify and promote cell regeneration

Choose from the following:

- Detox wrap (detoxes, improves cellulite & alleviates water retention)
- Slimming wrap (alleviates water retention, firms and tones)
- Restore wrap (for sensitive skin)

PURIFYING BACK TREATMENT (45min)

A unique treatment designed to cater for one of those hard-to-reach areas. This treatment is designed to cleanse the pores and remove dead skin from the back encouraging a healthy clean and smooth back, whilst the essential oils are used to seduce the guest into a state of relaxation.

SCALP AND HAIR TREATMENT (45min)

Experience a luxurious treatment of deep healing relaxation, designed to infuse the power of pure plant essences into your hair and scalp,

INDIAN HEAD MASSAGE (30 min or 45min)

Supports the nervous system by alleviating stress; stimulates the lymphatic system, encouraging the elimination of toxins

PRICE LIST

JOURNEY EXPERIENCE

Nature's Beauty Journey	210min	N\$1700-
Golden Dune Awakening Journey	120min	N\$1300-

ESSE FACIAL COLLECTION

Esse Anti - Aging Facial	60min	N\$600-
Esse Anti - Oxidant Facial	60min	N\$460-
Esse Hydrating Facia	60min	N\$460-
Esse Teen Facial	60min	N\$400-

THERAVINE FACIAL COLLECTION

Theravine Hydra Vine Deluxe Facial	90min	N\$700-
Theravine Core Facial	60min	N\$460-
Theravine Teen Facial	60min	N\$400-

Luxurious Eye Treatment	30min	N\$250-
Eyebrow shape		N\$70-
Eyebrow or Eye lash tint		N\$70-
Eyebrow shape and tint/ Eye lash tint		N\$200-

MASSAGE EXPERIENCE

Marula Oil Full body Massage	60min	N\$520-
Back & Neck Massage	30min	N\$300-
Back & Neck Massage	45min	N\$400-
Hot Stone Massage	30min	N\$320-
Hot Stone Massage	75min	N\$640-
Aroma Massage	75min	N\$640-
Aroma Massage	90min	N\$800-
Four Hands Massage	60min	N\$800-
Outdoor Massage	90min	N\$900-
Reflexology	45 min	N\$450-

EXTERNAL SENSE

Manicure	60min	N\$320-
Pedicure	60min	N\$320-
Manicure & pedicure Combo	60min	N\$550-
Manicure with luxurious mask	75min	N\$400-
Pedicure with luxurious mask	75min	N\$400-
French manicure	75min	N\$400-
French pedicure	75min	N\$400-

BODY THERAPY EXPERIENCE

Vichy shower & Sea salt peeling	30min	N\$450-
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Body Peeling and wrap

Choose from:

• Detox wrap	60min	N\$550-
• Slimming wrap	60min	N\$550-
• Restore wrap	60min	N\$550-

Purifying Body Treatment	45min	N\$400-
Scalp & Hair Treatment	45min	N\$400-
Indian Head massage	30min	N\$300-
Indian Head massage	45min	N\$380-

LUXURY BATH EXPERIENCE

Hydrotherapy bath	30min	N\$350-
Crystal bath - One Person	45min	N\$350-
Crystal bath - Two People	45min	N\$400-

APPOINTMENTS AND RESERVATIONS

We recommend scheduling your spa appointments prior to your arrival at the spa.

Reservations are subject to availability.

Please remember that our wellness centre is a place of peace and tranquillity.

SPECIAL HEALTH CONSIDERATIONS

Please notify our reservations department if you have any physical ailments, special needs or whether you are pregnant.

LATE ARRIVAL/CANCELLATIONS

Treatment times are reserved especially for you.

As a courtesy to following guests, late arrivals will only receive the remaining available appointment time and will be charged the full treatment fee.

We request that cancellations are made 24 hours in advance.

No show appointments will be charged in full.

ATTIRE

Hotel guests are kindly requested to use the robes provided in their chalet.

Slippers can be purchased in the Wellness centre.

HOURS OF OPERATION

Opening times for the Wellness:

Facilities:

06h30 - 18h30

Treatments:

Summer: 09h00 - 17h30

Winter: 09h00 - 17h00

AGE REQUIREMENTS

In accordance to International spa regulations, no children under the age of 12 are permitted to enter the spa or use the spa facilities including the indoor swimming pool.

VALUABLES

The spa is not responsible for any damage or loss of your personal belongings.

Our recommendation is not to bring valuables to the spa, but lockers are provided for storage of personal belongings.

GIFT CARDS

Spa gift cards can be purchased at our head office, Schuster Street 11, in Windhoek.

Tel: +264 (0)61 305527

sec@gocheganas.com

EATING AND DRINKING

Please try not to eat for at least an hour before a treatment and our recommendation is to avoid the consumption of alcohol on the day of a treatment. Also remember to drink plenty of water before and afterward.

Please do not bring outside food or drink into the spa. Alcoholic beverages and food are not permitted in the treatment hubs or wellness centre.